

Get back in the game



**Lose weight. Gain energy.
Get back to what you love.**

Naturally Slim is a 10-week program that will help you get back to your “fighting weight” while eating the foods you love. Don’t let the name “Naturally Slim” deter you, we’ve helped thousands of guys lose weight and improve their health without eating rabbit food. In 10 weeks, you’ll learn how to enjoy your favorite foods while getting back to the activities you love and reducing your chances of getting a serious condition like diabetes or heart disease.

Naturally Slim is delivered via computer or mobile device so you can participate whenever it’s convenient, wherever you are.

Enroll today!

www.naturallyslim.com/HealthSelect

Naturally Slim is available **at no cost** to employees, retirees or dependents enrolled in a HealthSelect plan (excluding Medicare-primary participants) who are 18 or older and have a BMI of 23 or higher.

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